

Lincoln-Lancaster County Health Department Summary

Counties	Average age	Education		Race / Ethnicity	
Lancaster	34.3 years	H.S Grad / GED or Higher	90.5%	White,non-Hispanic	88.7% (222,067)
Total population 250,291	Median income \$41,850	College Grad	32.6%	Minority	11.3% (28,224)

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In Lincoln-Lancaster County (LLC), rates for five indicators for the overall population were significantly better than Nebraska rates. The average distances from home to the closest emergency room and from home to the emergency room at which respondents preferred to receive care were both lower. A greater proportion of LLC workers stated that their workplace's smoking policy does not allow smoking in any work areas. A greater proportion of LLC respondents engaged in the recommended amounts of moderate or vigorous physical activity. LLC adults were more likely to have visited the dentist in the past year.
- One indicator was significantly worse for LLC. The current prevalence of asthma among adults was greater than that reported for Nebraska overall.
- Men in this area were significantly more likely than men statewide to have visited a dentist in the past twelve months. Women in LLC were significantly more likely than women in Nebraska to report that their workplace's smoking policy does not permit smoking in work areas.

Health-Related Quality of Life

- Among LLC adults, 11.1% considered their general health "fair" or "poor."
- Adults in LLC rated their physical health as "not good" an average of 3.1 days out of the last 30 days. Respondents averaged 2.8 days in the past month when mental health was "not good."
- Poor physical or mental health prevented LLC adults from participating in their usual activities an average of 3.2 days in the past 30 days.

Health Care Access

- Among LLC residents aged 18 to 64 years, 16.2% reported having no health care coverage.
- Nineteen percent (19.0%) did not have a personal doctor or health care provider and 10.7% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Two-thirds of adults in LLC (67.6%) reported visiting a doctor for a routine checkup within the past year. Women (79.1%) were significantly more like than men in the area (55.5%) to have had a routine checkup in the last twelve months.
- The average distance from respondents' homes to the closest emergency room (ER) was significantly lower in LLC (4.4 miles) than the average for Nebraska.
- In this area, the average distance to the ER at which respondents preferred to receive care was 5.6 miles, significantly lower than the statewide average.
- More than one-half of LLC adults (51.6%) reported no problems or barriers to getting medical care, other than cost.
- Among LLC residents who reported a problem getting medical care (other than cost), work (19.5%), long waits (17.0%), and not having insurance (14.5%) were mentioned most frequently.
- LLC residents most often cited a doctor (36.8%) as their primary source of information on health issues or illness. Family or friends (21.2%) and the Internet (17.5%) were also mentioned frequently.

Cardiovascular Disease

- Only about one in twenty LLC adults (4.9%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.

- One-fourth of adults in LLC (24.9%) had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in this area were much more likely to identify cardiovascular disease (81.0%) than they were to identify stroke (41.7%) as something untreated high blood pressure can lead to. Women (52.5%) were significantly more likely than men in LLC (30.9%) to recognize stroke as a possible consequence of untreated hypertension.
- The majority of LLC respondents (70.2%) had their cholesterol level checked during the last five years.
- Among respondents who ever had their blood cholesterol level checked, 35.0% had been told it was high.
- During the past year, about one of every eight LLC adults (12.4%) was certified to perform CPR.

Diabetes

- Among LLC residents, 5.2% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- More than three-fourths of LLC women aged 40 or older (78.2%) reported having a mammogram in the past two years.
- Nearly one-third of adults aged 50 or older in this area (31.9%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the area (55.9%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- In LLC, 18.8% of adults had ever been told they had asthma, while 14.0% currently have this disease. Current prevalence of asthma is significantly higher in LLC than it is statewide.

Overweight and Obesity

- More than one-half of LLC adults (57.8%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Men in LLC (67.4%) were significantly more likely than women in the area (48.0%) to be overweight or obese.
- More than one-fourth of LLC residents were obese (Body Mass Index = 30 or higher).

Tobacco Use

- Nineteen percent of adults in LLC (19.0%) currently smoke cigarettes, either daily or on some days of the month.
- One-fourth of adults in this area (25.4%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in LLC, 52.5% reported trying to quit smoking during the past year.
- Eight out of ten adults in this area (79.1%) said they have rules prohibiting smoking anywhere in their homes.
- Compared to the state overall, a significantly greater proportion of LLC adults who work indoors most of the time (96.6%) stated that their workplace’s official smoking policy does not allow smoking in any work areas. Women in LLC (98.8%) were significantly more likely than women statewide to report that smoking is not permitted in any work areas at their place of work.

Physical Activity and Sedentary Behaviors

- One-fifth of adults in LLC (19.8%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, a significantly higher proportion of area respondents (59.6%) reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity, compared to Nebraska overall.

- Four out of ten LLC adults (40.8%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- One-fourth of LLC respondents (24.7%) consumed fruits and vegetables the recommended five or more times per day.
- Nearly one-half of area adults (47.8%) were knowledgeable about what “Five-a-Day” means.
- One-fourth of LLC respondents (25.8%) reported consuming dairy products three or more times daily.
- On average, LLC adults ate food from restaurants or fast food shops 2.6 times per week.
- Only one-fifth of respondents (21.5%) rated foods at community events in the area as “always” or “almost always” healthy. However, more than one-half of the respondents (57.6%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- One-third of respondents in LLC (32.2%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- In LLC, 58.9% of adults reported consuming at least one drink of alcohol in the past 30 days.

Injury

- Among adults in LLC, 11.9% said they had fallen in the past three months. Of those who had fallen, 31.3% were injured by the fall.
- The majority of area respondents (88.1%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 52.2% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- Among LLC residents aged 18 and older, 22.5% got a flu vaccination during the past year.

Oral Health

- A significantly greater proportion of LLC adults (83.5%) saw a dentist or visited a dental clinic in the past year, compared to Nebraska overall. The proportion of men in LLC who visited the dentist in the last twelve months (83.7%) is also significantly greater than the statewide rate for men.

Women’s Perceptions of Health Threats and Causes of Death

- About one-third of women in LLC (34.8%) identified cancer as the leading health problem facing women today.
- Only 16.9% of women in this area consider heart disease or heart attack the leading health problem facing women today. However, 58.4% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few LLC adults (8.5%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 15.3% of area respondents reported it is “somewhat” or “very unsafe.”

Lincoln-Lancaster County Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	475	11.1%	Non-Sig	176	9.0%	Non-Sig	299	13.2%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	465	3.1	Non-Sig	172	2.9	Non-Sig	293	3.2	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	467	2.8	Non-Sig	174	2.5	Non-Sig	293	3.2	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	242	3.2	Non-Sig	79	2.3	Non-Sig	163	3.9	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	363	16.2%	Non-Sig	138	21.6%	Non-Sig	225	10.6%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	475	19.0%	Non-Sig	176	23.0%	Non-Sig	299	15.0%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	474	10.7%	Non-Sig	175	13.2%	Non-Sig	299	8.3%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	472	67.6%	Non-Sig	173	55.5%	Non-Sig	299	79.1%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	459	4.4	Lower	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	441	5.6	Lower	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	469	51.6%	Non-Sig	174	56.9%	Non-Sig	295	46.3%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	206	1) Work (19.5%)		2) Long Wait (17.0%)		3) No Insurance (14.5%)		(Other= 31.4%)	
	Men	72	1) No Insurance (21.0%)		2) Work (17.5%)		3) Long Wait (11.3%)		(Other= 38.3%)	
	Women	134	1) Long Wait (21.5%)		2) Work (21.2%)		3) No Insurance (9.3%)		(Other= 25.9%)	
9. Primary source for getting information on health issues or illness										
	Overall	459	1) Doctor (36.8%)		2) Family/Friends (21.2%)		3) The Internet (17.5%)		(Other= 3.0%)	
	Men	168	1) Doctor (32.4%)		2) Family/Friends (25.2%)		3) The Internet (15.8%)		(Other= 3.6%)	
	Women	291	1) Doctor (41.1%)		2) The Internet (19.1%)		3) Family/Friends (17.3%)		(Other= 2.5%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	469	4.9%	Non-Sig	174	6.9%	Non-Sig	295	2.9%	Non-Sig	No
2. Ever told blood pressure was high	475	24.9%	Non-Sig	176	28.1%	Non-Sig	299	21.8%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	473	41.7%	Non-Sig	176	30.9%	Non-Sig	297	52.5%	Non-Sig	Yes
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	473	81.0%	Non-Sig	176	77.0%	Non-Sig	297	85.1%	Non-Sig	No
5. Had cholesterol checked during the past five years	463	70.2%	Non-Sig	174	66.6%	Non-Sig	289	73.9%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	397	35.0%	Non-Sig	146	38.1%	Non-Sig	251	31.8%	Non-Sig	No
7. Were CPR certified during the past year	474	12.4%	Non-Sig	176	11.4%	Non-Sig	298	13.3%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	475	5.2%	Non-Sig	176	3.1%	Non-Sig	299	7.2%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	208	78.2%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	244	31.9%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	245	55.9%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	473	18.8%	Non-Sig	176	19.2%	Non-Sig	297	18.3%	Non-Sig	No
2. Currently has asthma	473	14.0%	Higher	176	12.2%	Non-Sig	297	15.9%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	446	57.8%	Non-Sig	172	67.4%	Non-Sig	274	48.0%	Non-Sig	Yes
2. Obese (BMI 30+)	446	26.7%	Non-Sig	172	27.4%	Non-Sig	274	26.0%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	473	19.0%	Non-Sig	176	24.4%	Non-Sig	297	13.6%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	473	25.4%	Non-Sig	176	25.7%	Non-Sig	297	25.1%	Non-Sig	No
3. Current smokers who tried to quit during the past year	88	52.5%	Non-Sig	^	^	---	52	62.8%	Non-Sig	---
4. Smoking not allowed in home	474	79.1%	Non-Sig	175	75.1%	Non-Sig	299	83.1%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	233	96.6%	Higher	85	94.4%	Non-Sig	148	98.8%	Higher	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	474	19.8%	Non-Sig	176	17.2%	Non-Sig	298	22.4%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	450	59.6%	Higher	166	65.2%	Non-Sig	284	54.4%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	461	40.8%	Non-Sig	170	41.4%	Non-Sig	291	40.3%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	474	24.7%	Non-Sig	175	21.3%	Non-Sig	299	28.0%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	474	47.8%	Non-Sig	175	40.8%	Non-Sig	299	54.6%	Non-Sig	No
3. Consumed dairy products three or more times per day	474	25.8%	Non-Sig	176	22.3%	Non-Sig	298	29.4%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	472	2.6	Non-Sig	175	3.2	Non-Sig	297	2.0	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	474	21.5%	Non-Sig	175	22.2%	Non-Sig	299	20.8%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	475	57.6%	Non-Sig	176	52.5%	Non-Sig	299	62.6%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	475	32.2%	Non-Sig	176	33.8%	Non-Sig	299	30.5%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	475	58.9%	Non-Sig	176	62.8%	Non-Sig	299	55.0%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	474	11.9%	Non-Sig	175	12.5%	Non-Sig	299	11.4%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	62	31.3%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	472	88.1%	Non-Sig	174	84.8%	Non-Sig	298	91.4%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	88	52.2%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	475	22.5%	Non-Sig	176	21.4%	Non-Sig	299	23.7%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	470	83.5%	Higher	173	83.7%	Higher	297	83.3%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	298	34.8%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	298	16.9%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	299	58.4%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	470	8.5%	Non-Sig	174	7.0%	Non-Sig	296	10.1%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	470	15.3%	Non-Sig	173	13.7%	Non-Sig	297	17.0%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005